

Step 10 – By the Book

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This thought brings us to Step Ten, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. [...]

[1] Continue to watch for selfishness, dishonesty, resentment, and fear.

[2] When these crop up, we ask God at once to remove them.

[3] We discuss them with someone immediately and make amends quickly if we have harmed anyone.

[4] Then we resolutely turn our thoughts to someone we can help.

Love and tolerance of others is our code.

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When we retire at night, we constructively review our day.

- 1. Were we resentful,**
- 2. selfish,**
- 3. dishonest**
- 4. or afraid?**
- 5. Do we owe an apology?**
- 6. Have we kept something to ourselves which should be discussed with another person at once?**
- 7. Were we kind and loving toward all?**
- 8. What could we have done better?**
- 9. Were we thinking of ourselves most of the time?**
- 10. Or were we thinking of what we could do for others, of what we could pack into the stream of life?**

But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others. After making our review we ask God's forgiveness and inquire what corrective measures should be taken.